



SENIOR CONNECTION NEWSLETTER

May - June 2016

BARBARA LEE SENIOR CENTER
40 N. Milpitas Blvd.
Milpitas, CA 95035
(408) 586-3400
Monday-Friday 8:30AM - 4:30PM

Inside This Issue

Programs & Events	1
Presentations	3
Classes	5
Drop-In Programs	7
Health & Fitness	9
Lunch Program	10
Case Management	11

May is "Older Americans Month"

Older Americans Month was established in 1963, when only 17 million Americans had reached their 65th birthday. In 2014, the population, aged 65+, reached 44.7 million. Between 2003 and 2013, the population, aged 60+, increased 30.7% from 48.1 million to 62.8 million. Each year, in May, the Senior Center celebrates Older Americans Month with a calendar full of special activities. The activities planned out for this year are listed inside this newsletter.



Barbara Lee Senior Center Memberships

Milpitas' Barbara Lee Senior Center is for adults 50+. A Senior Center Membership is required to participate in all programs (unless otherwise noted, such as Lunch Program or Bingo). Membership fees are \$12 for Milpitas residents and \$30 for non-residents. Milpitas residents must show two proofs of residency for the discounted rate.

Please note: For any total of \$10-\$50 there is a \$1 processing fee. For totals of \$51 or more the processing fee is \$3.

Processing fees are non-refundable.



PROGRAMS & EVENTS

Pickleball Tournament

Tuesdays, May 3-31 at 1:30PM

The Pickleball Tournament will be held every Tuesday beginning on May 3! The categories are Men's Singles, Men's Doubles, Women's Singles, Women's Doubles and Mixed Doubles. The length of the tournament depends on the number of players that sign-up. Come cheer on the participants and join in the fun!

Older Americans Month Proclamation at City Council

Tuesday, May 3 at 7:00PM

At this meeting, the Milpitas City Council will proclaim May as Older Americans Month. This year's theme is "Blaze a Trail", which helps raise awareness about issues facing older adults and highlights the way older Americans are advocating for themselves, peers, and communities.



Bingo Marathon

Saturday, May 7 at 1:00PM-5:00PM (doors open at 11:30AM)

\$10 minimum buy-in, \$8 extra packs, \$1 special games

Our Bingo Marathon session features 20 games with 3-5 special games mixed in. First pack per person is \$10 and additional packs are \$8 (no splitting/sharing packs). Special games are \$1 each per card. Games have cash prizes (amounts are determined by the number of packs sold). A Snack Bar will be available for lunch and goodies before and during the marathon. This event is open to ages 18 and up.

Blaze a Trail Dance

Friday, May 13 at 1:30PM

Are you feeling groovy? We're going back in time to the 60's to celebrate Older American's Month! The DJ will be spinning some 60's favorites like the Beach Boys, Beatles and Diana Ross & the Supremes to help set the mood and get you on the dance floor! Come in costume and you will be entered to win a prize! Light refreshments will be served.

Senior Parade Walk and BBQ Lunch

Friday, May 20 Parade Walk at 11:15AM and BBQ at 12:00PM

You can work up an appetite on the Parade Walk and then satisfy it at the BBQ!

Our 2nd Annual Parade Walk will start at the Senior Center and follow a path to City Hall, the Community Center and finish with a recognition ceremony back at the Senior Center!

Please sign-up with the Front Desk by May 18.

Our 3rd Annual BBQ Lunch features a barbeque lunch on the Senior Center's patio. Lunch consists of your choice of a hot dog or hamburger (or veggie burger) with a side of salad, fruit, dessert and a beverage. Buy your ticket starting May 2 at the Senior Center Front Desk (don't wait too long, it sold out last year!). If not sold out in advance, some lunches may be purchased at the event. **Please Note:** This lunch is separate from the daily Senior Nutrition Program.



PROGRAMS & EVENTS

Kaiser Permanente

Friday, May 6 & June 3 at 10:00AM-11:30AM

Do you have questions about senior supplemental health plans? Carl S. Foster, a representative of Kaiser Permanente, will be at the Senior Center to provide information about Kaiser's Senior Advantage program. Kaiser Permanente has a 5-Star rating by Medicare and is authorized to accept year-round enrollments.

New Member Orientation

Tuesdays, May 10 & June 14 at 10:00AM

If you are new to the Barbara Lee Senior Center or would like a refresher on all of the wonderful services and activities, please join us on the second Tuesday of the month for an informative presentation and tour. Please sign up at the Front Desk or call (408) 586-3400.



Ice Cream Social

Thursday, May 26 at 2:00PM

We will be finishing out our month-long Older Americans Month celebration with a good ol' fashioned Ice Cream Social on the patio! Grab a seat, listen to the music and relax with your friends over a bowl of ice cream with your favorite toppings.

Throwback Thursdays

June 1-30

Travel down memory lane with Throwback Thursdays! What did you look like 10, 20, 30 or 40 years ago? Bring in a photo of when you were younger, and we will add it to our "Wall of Memories" for everyone to enjoy!

Quarterly Birthday Celebration

Tuesday, June 21 (RSVP by Noon on June 20) at 11:30AM

The Senior Center celebrates birthdays on a quarterly basis during our lunch program. If you were born April, May, or June, come celebrate with us! We'll have music, birthday cake, ice cream and a raffle drawing. Call (408) 586-3413 to make your lunch reservation (see menu for lunch choices) and let us know it's your birthday. The suggested lunch contribution is \$3 for ages 60+ (\$6 for guests under 60).



Pancake Breakfast

June 28 at 8:30AM-9:30AM

We have all heard that breakfast is the most important meal of the day so come join us! The Senior Center staff is getting to work early to prepare a delicious pancake breakfast just for you. Don't forget to set your alarm because you don't want to miss this treat!

PRESENTATIONS

U.S. Citizenship & Immigration Presentation

Thursday, May 5 at 10:45AM-12:00PM

Information will be presented on how to naturalize and become a U.S. citizen. We will go through the process in detail, have a mock interview session and help answer questions you have about becoming a citizen. The presenters will include Nina Sachdev, Rosemarie Fan and Sue Siao from the San Francisco District Office for U.S. Citizenship and Immigration Services.

Clear Captions and No Cost Caption Telephones

Monday, May 9 at 11:00AM

Do you have hearing loss and have difficulty hearing phone conversations? If so, you could be eligible to receive, at no cost, a captioned phone (where the voice is transferred to a text format). All you need is to be hard of hearing, have internet connection and a home phone line. Nancy Whiney, the Territory Manager for Clear Captions, will present information about the program and services.



Medicare A & B Enrollment - Your Rights & Options

Wednesday, May 11 and Friday, June 10 at 10:30AM

Do you know what your rights and options are with Medicare? Jade Kwan from Health Markets will present information to explain Medicare's Parts (A-D), Medicare's 80% coverage, the difference between Medicare Advantage and Medicare Supplement, out of pocket expenses and more.

Preview of Premier World Discovery Trips

Tuesday, May 17 at 10:30AM

If you enjoy traveling and new experiences, the Senior Center is offering some great trips through Premier World Discovery! Detailed flyers about these extended stay trips are available at the Senior Center. Extended stay trips require full payment 75 days prior to departure.

2016 Trips – Detailed flyers are available

- Heritage Highlights (departs 9/27/16, 9 days)
- Venice & the Italian Lakes (departs 10/4/16, 9 days)
- New Orleans Holiday (departs 12/4/16, 5 days)



2017 Trips – Detailed flyers will be available soon

- Highlights of San Diego & Mexican Riviera Cruise (departs 1/13/17, 10 days)
- Arizona Spring Training Getaway (includes 2 games) (departs 3/19/17, 6 days)
- Branson, Memphis & Nashville "America's Musical Heritage" (departs 5/10/17, 9 days)
- Pacific Coast Adventures (departs 8/17/17, 7 days)
- And more!

Information Resource Room

Are you wondering where you can find information regarding certain medical issues, housing, fitness, fraud & safety, VTA and Sourcewise services? The Senior Center now has a Resource Room where you can find it! The Milpitas Senior Advisory Commission has stocked the room with brochures and information sheets from various local non-profit, state and federal agencies that serve older adults. Stop by on your next visit and take a look!

Thank You Volunteers!

The Senior Center uses many volunteers every year to assist with our programs and events. Some volunteers are needed on a one-time basis for events such as a dance, and some are used on a weekly basis for on-going programs such as serving lunch. Sometimes the volunteers are individuals and some are with an organized group. The Senior Center would like to acknowledge some of the volunteer groups who recently served this Spring.

- AARP Tax Aides – helped prepare and electronically file taxes for over 300 older adults during February-April 12.
- Teach Seniors Technology (TST) – high school students provided free assistance to older adults on how to use their computers, tablets and smart phones (Friday afternoons).
- Alpha Rho Chapter of Alpha Tau Delta Fraternity – provided Valentines gifts.
- Milpitas High School's Honor Society members – volunteer tutors with English and conversation and various projects (Wednesday afternoons).
- University of San Francisco Nursing Students – provides blood pressure sessions and answers health questions (alternating Thursdays mornings).
- Agape Dental Mobile Clinic & JACCUC – provides free dental services (monthly on 4th Friday).



MUSD Parcel Tax Exemptions

Milpitas Unified School District (MUSD)

2016-2017 Parcel Tax Senior Exemption

For First Time Applicants Only (automatic renewal for prior year applicants)

First time applicants who turn 65 or older by June 30, 2016, may apply for the exemption. Applicants may mail or come in person with the required documents to Milpitas Unified School District. For those who previously applied, there is no need to reapply; your exemption will be automatically renewed.

Applications Must Be Postmarked or Turned In by June 24, 2016

You may download the application from the MUSD website (www.musd.org) or pick up an application at the Senior Center, Sports Center or the Milpitas Library. You may also contact MUSD at (408) 635-2600 ext.6029 to request one be mailed and/or to ask questions.

MAY & JUNE CLASSES

Register on May 9!

Joy of Color – Oil Painting

This course teaches students to paint representative landscapes so knowledge of drawing is not needed. Using an innovative technique, this course “re-educates” people to learn perspective-based drawing. Each pupil will select and paint a unique picture. Students must bring their own supplies. A supply list is available at the Senior Center.

Instructor: Doreen Walker

\$42/\$52 7 meetings

#3822	TUE	6/14-7/26	9:00AM - 12:00PM
#3823	WED	6/15-7/27	9:00AM - 12:00PM
#3824	WED	6/15-7/27	1:00PM - 4:00PM
#3825	THUR	6/16-7/28	9:00AM - 12:00PM

Chinese Brush Painting

These classes explore the beauty of Chinese brush painting. You’ll learn how to paint flowers, birds, insects and landscapes on rice paper, and the proper way to handle ink, water and color. Weekly lessons start with basic strokes through demonstrations and then lessons progress. Students get to practice brush strokes in class and learn the unique style of Chinese brush painting.

Instructor: Betty Ling

BEGINNER:

\$36/\$46 6 meetings

#4327	MON	6/13-7/25	12:30PM - 3:30PM
-------	-----	-----------	------------------

ADVANCED:

\$42/\$52 7 meetings

#4328	FRI	6/17-7/29	12:30PM - 3:30PM
-------	-----	-----------	------------------

Spring Chickens

You’ll be led through chair-based exercise routines designed to improve strength, balance, agility, endurance and flexibility in older adults. In past studies, participants experienced improved upper body strength (89%), improved lower body strength (78%), improved dynamic agility/balance (78%) and improved static balance (67%). Nutrition education will also be covered to help you meet your fitness goals. The instructor is a highly trained fitness instructor experienced in working with older adults. Instructor: Silvia from Fit is Gold. ***No class held 7/4.**

\$32/\$42 16 meetings

#4389	MON/THUR	5/23-7/21	10:00AM-11:00AM
-------	----------	-----------	-----------------

MAY & JUNE CLASSES

Line Dancing

Line Dancing does not require a partner, is fun and a great way to get exercise. Dances are modified to meet the class level. New Beginner is for students with no previous Line Dance experience. Beginner Level 2 is for students who have had limited Line Dance classes before. Advanced Beginner is for students who have had 6-12 months of Line Dance classes. Students can only register for 1 class.

Instructor: Can Tu Ly

NEW BEGINNER:

\$14/\$24 7 meetings

#4383	WED	6/15-7/27	9:00AM - 10:00AM
-------	-----	-----------	------------------

BEGINNER 2:

\$14/\$24 7 meetings

#4384	WED	6/15-7/27	10:00AM - 11:00AM
-------	-----	-----------	-------------------

ADVANCED BEGINNER:

\$14/\$24 8 meetings

#4385	WED	6/15-7/27	11:00AM - 12:00PM
-------	-----	-----------	-------------------

AARP Smart Driver Class

This course is for adults 50+ to help them drive safely. Students will learn research-based safety strategies to reduce crashes; understand the links between driver, vehicle, road, environment, and how this awareness encourages safer behavior; learn the newest safety and advanced features in vehicles; and explore new ways to travel, and more. This 4-hour refresher course is for students who have completed the 8-hour course within the past 3 years. Register in advance at the Barbara Lee Senior Center with payment of cash or check (payable to AARP). Senior Center membership not required.

Instructor: Ron & Beverly Berube

\$15/\$20 1 meeting

#3623	THUR	6/9	9:00AM - 1:30PM
-------	------	-----	-----------------



DROP-IN PROGRAMS

Crochet & Knit

Mondays • 9:00AM-11:30AM

Work on your crocheting or knitting in a social setting and see what other people are making. If you need help getting started there are plenty of people to learn from!

Chair Exercises

Mondays & Thursday • 11:10AM - Noon

You can improve your balance, stretch and tone muscles, and strengthen legs and arms by following the video tape of chair-based exercises.

Please Note: Space is limited to the first 25 people. Saving chairs is not allowed.

Movie Day

2nd & 4th Mondays of Month • 1:00PM

Free movie and popcorn! Upcoming movie info is posted on the Senior Center's bulletin board. We take suggestions on movies to show.

Bridge—Party Style

Mondays-Fridays • 1:00PM-4:00PM

Tables are available for players to form their own groups. If you want to learn or need a refresher course, lessons are available on Mondays, 1:00-4:00 PM in the Game Room.

Pickleball

Tuesdays • 1:45PM – 4:00PM

Open play. Cross between tennis, badminton and ping pong! Paddles and balls are provided.

Crafting

Tuesdays • Noon

If working with crafts and creating memories is your thing, come join in! Quilters, sewers and crafters are able to work on their own projects and are responsible for purchasing their own supplies for projects.

Duplicate Bridge

Tuesdays • 1:00PM

The same bridge deal is played at each table and scoring is based on relative performance. Players will need a convention card and be ready to play 18 boards. At the end, players will receive the hand record.

Book Club

3rd Tuesday of month • 10:30AM-11:30AM

Each month the Book Club meets to discuss their recently read book and to receive the next book. The Book Club is limited to 12 people each month. If you are interested, please contact the Front Desk.

Zumba Gold

Zumba Gold class will be on hiatus in May and June. Some class participants will still meet to go on walks. See our next Newsletter for information about when the class will return.

Beginning Yoga

Tuesdays & Fridays • 8:40AM

Enjoy the many benefits of Yoga! Please wear stretch pants and t-shirt and bring your own mat, large towel, yoga strap (or old neck tie).

Please Note: Maximum of 25 participants per class.

Instructor: Vicki Bretthauer

Bingo

Wednesdays, Weekly 1:15PM-3:30PM

Cash prizes (determined by number of players). Minimum buy-in is one game pack (\$5 for 10 games / 6 cards per game). Extra packs are \$4 each (players must play their own cards, no splitting/sharing of packs). Optional Double Action is \$1 per card. Ink daubers \$1 each. Bingo sessions are for ages 18 and up, and Senior Center membership is not required.

DROP-IN PROGRAMS

Guitar

Wednesdays • 9:30AM-11:00AM

If you enjoy playing the guitar, join the Guitar group! You'll learn different songs and make new friends. Players need to provide their own instrument. Sheet music is provided.

Ukulele

Wednesdays • 1:30PM-2:30PM

Bring your ukulele and join in the fun! It's a great place to learn if you don't know how to play.

Genealogy Research

2nd & 4th Thursdays • 1:00PM-3:00PM

Have you ever wondered where your family originated? Now's your chance to research it! The instructor has researched her own family tree and helped many others get started. A material fee of \$5 is payable to the instructor: Roxann Wahl for a Genealogy Research Guide.

Technology Tutoring For Seniors

Fridays • 3:30PM-4:30PM

Did you get a new device but aren't sure how to use it? Help is here! Students from Teach Seniors Technology (TST) will meet with you one on one. This service is FREE!

Hand & Foot

Fridays • 1:00PM

Hand & Foot is a card game related to Canasta. Depending on number of players, this can be played in singles or doubles. Learn how to play this fun game at the large table outside the lunch room.

Shall We Dance

Fridays • 1:30PM

Exercise while having fun! This afternoon social dance session features mostly line and folk dances so there's no need for a partner! **Please Note:** Space is limited to 40 people. Instructor: Estrella Gilina

Computers

Senior Center members can use the public access computers at the Senior Center on a first come first serve basis. There is a 30 minute time limit when people are waiting.

Game Rooms

The Senior Center has two rooms for games. One features five tables for playing table-top games (i.e. cards, tile, board games) and is reserved for bridge lessons on Monday afternoons. The other room has two pool tables and three ping pong tables. Time limit for games are 15 minutes for Ping Pong and 20 minutes for pool.

Mandarin-Speaking Programs

The following drop-in programs are offered at the Senior Center and instruction is in Mandarin. Senior Center Membership is required.

Chinese Folk Dance
Chinese Karaoke
Yuen Chi Dance
Chinese Crafts
Ballroom Dance
Calligraphy
Chinese Chorus
Chinese Folk Dance

Mon 9:00AM-10:00AM
Mon 1:00PM-3:30PM
Tue 1:30PM-3:00PM
Wed 9:00AM-11:30AM
Thurs 1:30PM-3:30 PM
Fri 9:30AM-11:30AM
Fri 9:30AM-11:00AM
Fri 11:00AM-Noon



Fitness Room

Why pay expensive fitness center prices to stay healthy when you can use the Senior Center Fitness Room for a fraction of the cost? We have treadmills, elliptical machines, stationary bikes and weight equipment available for you. As with any exercise program, please be sure to check with your doctor before starting.

Please Note: Unauthorized personal training or fitness instruction is not permitted in our facility.

Senior Center Fitness Pass Fees

5 Visit Pass \$7.50

10 Visit Pass \$15.00

15 Visit Pass \$22.50

20 Visit Pass \$30.00

Fitness Room Orientations

3rd Friday of each month • 1:00PM

Learn how to safely use the Fitness Room equipment from a professional! There is no fee for this orientation, but we do ask that you sign-up in advance at the Front Desk at least one day prior.



Personal Trainer Sessions

The Senior Center has a personal trainer that can assist you with your fitness needs. Michelle Creamer is a Certified Personal Trainer and Senior Fitness Specialist that you can work with directly in our Fitness Room. She will meet with you to talk about your needs, put together a workout schedule and help train you in the Fitness Room to help meet your goals! Clients schedule and pay for their training sessions directly with the trainer. To talk with Michelle Creamer about scheduling a session call (408) 221-3500.

PICKLEBALL

Tuesdays, 1:45PM-4:00PM

Senior Center Auditorium

FREE









Check out the latest in Adult Fitness! Pickleball has the combined features of badminton, tennis and ping pong; but also has its own unique features too! A net and court will be set-up for your enjoyment. Drop in and check it out! Equipment is provided, or you may bring your own paddle. Four people can play at a time so players will need to rotate in and out as games finish.




LUNCH PROGRAM

Barbara Lee Senior Center

May 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Herbed Roasted Chicken & Minestrone Soup  or Shrimp with Egg	3 Pork Cutlet with Gravy	4 Baked Fish (breaded)	5 Beef Enchilada  or Shredded Pork with Celery & Tofu	6 Beef Pot Roast
Alternate Choices: Diced Turkey & Egg Salad or Veggie Black Bean & Orzo Salad or Turkey Burger or Veggie Egg Salad Sandwich				
9 Italian Pork Tenderloin or Braised Chicken	10 Roast Beef with Gravy	11 Garlic Stir Fry Chicken	12 Broiled Tilapia with Parmesan Cheese or Lemon Grass Pork Chop	13 Chicken Fajita & Vegetable Chowder 
Alternate Choices: Thai Pork & Mango Salad or Veggie Cottage Cheese & Fruit Salad or Chicken Salad Sandwich or Veggie Black Bean Burger				
16 BBQ Beef Sandwich or Fish with Scallion & Ginger	17 Pork Chop with Onion Gravy	18 Rosemary Turkey with Gravy	19 Chicken Divan with Rice & Tomato Soup  or Lion Head Meatball	20 Spinach Lasagna
Alternate Choices: Greek Chicken Salad or Veggie Hawaiian Fruit Salad or Roast Beef Sandwich or Veggie Pita				
23 Teriyaki Chicken or Sauteed Beef with Vegetables	24 Baked Fish with Lemon & Tartar Sauce  and Black Bean & Kale Soup	25 BBQ Pulled Pork Sandwich	26 Meatloaf with Gravy or Curry Chickpeas & Tofu	27 Oven Baked Chicken 
Alternate Choices: Chicken Caesar Salad or Veggie Black Bean & Orzo Salad or Turkey & Grape Wrap or Veggie Grilled Cheese Sandwich				
30 Senior Center Closed for Memorial Day Holiday 	31 Coriander Chicken with Mango Salsa	June 1 Baked Beef Rigatoni & Tuscan Bean Soup 	2 Sweet & Sour Pork or Tomato Chicken with Egg	3 Fish Sandwich with Lemon & Tartar Sauce
Alternate Choices: Santa Fe Chicken Salad or Veggie Spinach, Walnut & Cranberry Salad or Roast Pork Sandwich or Veggie Sandwich				

- Call (408) 586-3413 to make or cancel your reservation. Reservations are required to guarantee a lunch. If you are unable to attend lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.
- Reservations must be made by Noon (12:00 PM) two days before you plan to attend (order by Noon on Thursday for a Monday lunch).
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In Desk is open 10:30 AM-11:45 AM. Please check-in by 11:30 AM or your lunch may be given to someone on the Waiting List.
-  Indicates meals that exceed 1,000 mg of sodium.

CASE MANAGEMENT

If you are a Senior Center Member, you can take advantage of our Case Management Services. Lechi Nguyen is available by appointment only to assist seniors in the following areas:

- Social Services: Medicare, Medi-Cal, Social Security, Health Insurance, S.S.I.
- In Home Care Needs Resources (No Home Visits)
- Transportation Resources
- PG&E Bill Assistance (H.E.A.P. & Care Programs)
- Low Income Telephone Programs
- Food Vouchers, Brown Bag, Meals-On-Wheels
- Citizenship & Immigration Challenges
- Housing Resources
- Adult Day Care Referrals

To make an appointment, please call (408) 586-3405.



Additional Senior Center Services

- Blood Pressure Readings & Ask the Nurse on Thursdays. Provided in partnership with USF Nursing.
- Legal Services (SALA): 2nd & 4th Wednesdays monthly, 10:00AM-Noon
call (408) 586-3400 for an appt.
- Outreach Transportation call (408) 436-4860
- Loan Closet (walkers, wheelchairs, etc) available for members to borrow at the Barbara Lee Senior Center. See Front Desk for assistance.
- Blood Pressure Readings: Mondays, Wednesdays, and Fridays, 10:00AM - Noon.

SALA: Senior Adults Legal Assistance

Free legal services for Santa Clara County residents age 60+. SALA provides legal assistance for the following types of legal matters:

- Social Security, SSI, Medicare, Medi-Cal and In-Home Supportive Services
- Nursing Homes, Residential Care, Alternatives to Institutionalization
- Restraining or Protective Orders (to prevent elder abuse or domestic violence), Lodger Statute Evictions, Revocation of Powers of Attorney (for fiduciary abuse)
- Landlord-Tenant, Subsidized/Senior Housing, Mobile Home Residence matters
- Medicare HMO, Supplemental Insurance, Long-Term Care Insurance problems
- Advance Health Care Directives, Health Care Powers of Attorney, Uniform Statutory Form Powers of Attorney (for financial management)
- Death of Joint Tenant Affidavits, Small Estate Affidavits (for estates valued at \$100,000 or less)
- Simple Wills for elders with modest assets (prepared through SALA's No Fee Wills Panel), California Statutory Wills, Holographic Wills

SALA is available the 2nd and 4th Wednesdays of the month from 10:00AM – Noon. Appointments can be made at the Front Desk or by calling (408) 586-3400.